



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—May 2025

202-441-0963



Saturday, May 3, 2025	Saturday, May 10, 2025	Saturday, May 17, 2025	Saturday, May 24, 2025	Saturday, May 31, 2025
10:00 am Fitness w/ Rodney—in-person	10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/ Rodney —in-person	10:00 am Fitness w/Rodney In-person	10:00 am Fitness w/Rodney In-person
10:00 am Healthy Vision Month Resources	10:00am Stoke Awareness Month Trip: 10:30am-2:00pm Mother's Day Affair HAPPY MOTHER'S DAY	10:00am Celebrate Older Americans Month 2025 Trivia 10:45 am Trip: Walmart— Riggs Rd Store	10:00 am Sport Wear & Fitness Foot Wear Fashion Show “ Memorial Day Weekend “	10: 00am Dyna Band Demo w/ Ms. Minor
10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH
12:00 pm-2:00 pm Senior Cinema & Board Games	12:00 pm-2:00 pm Senior Cinema & Board Games	12:00 pm-2:00 pm Senior Cinema & Board Games	12:00 pm-2:00 pm Senior Cinema & Board Games	12:00 pm-2:00 pm Senior Cinema & Board Games



ERFSC Weekend Nutrition Program
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Community Dining Site Aide

